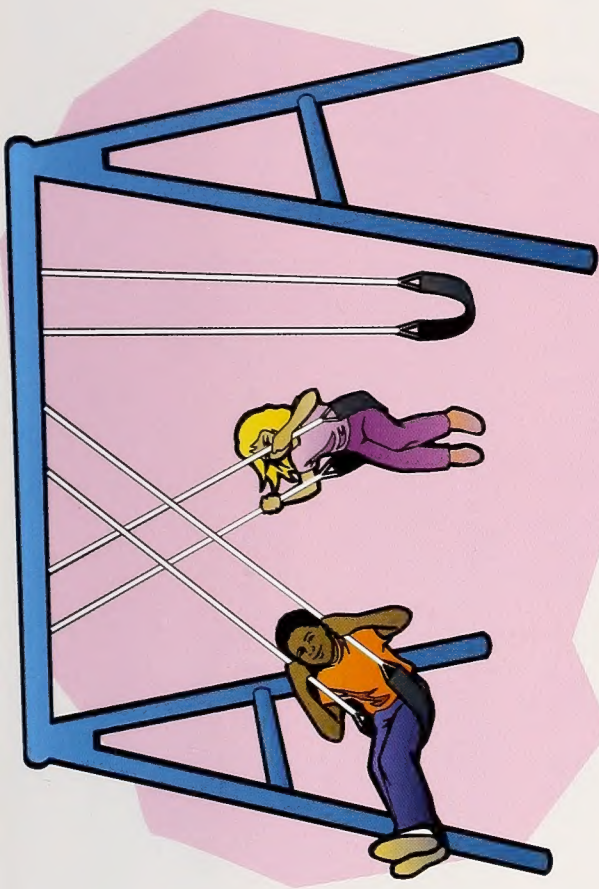


MH01D4397

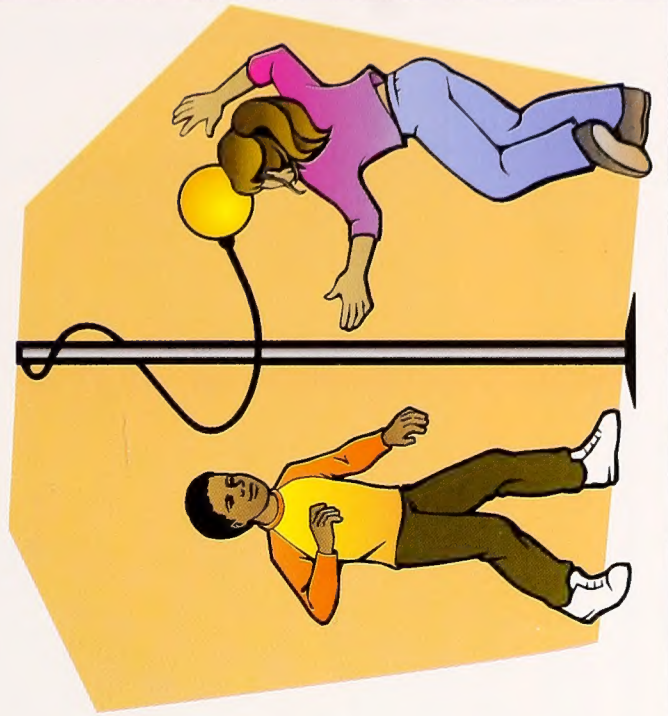
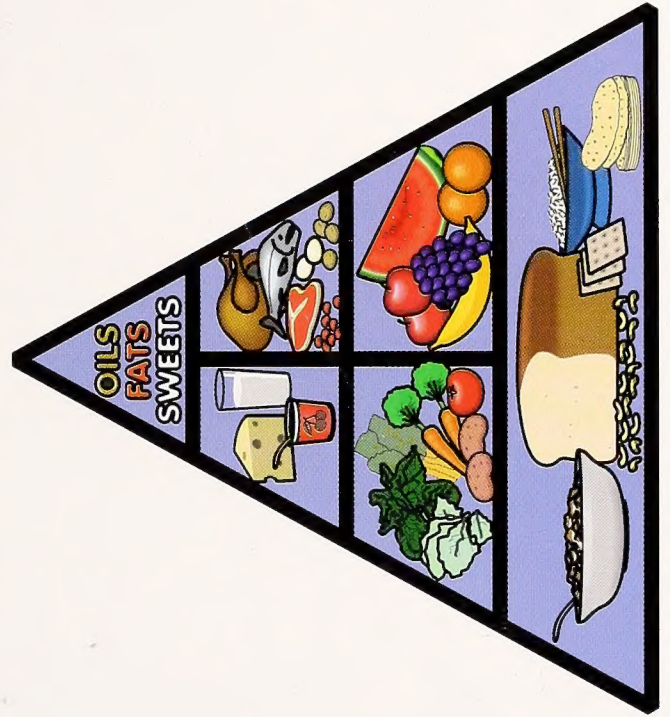


CHILDREN AND WEIGHT

What Families Can Do

LOS NIÑOS Y EL PESO

Qué Pueden Hacer las Familias



OMH-RC-Knowledge Center
5515 Security Lane, Suite 101
Rockville, MD 20852
1-800-444-6472

Children Come in Many Shapes and Sizes

Is my child's weight right for him or her?

Children, like adults, come in many shapes and sizes. Your child's age, sex, eating habits, and activity all affect his/her growth and weight. But most of all, heredity, or the shape and size of family members, affect a child's growth.

How will the doctor know if my child is overweight?

During your child's physical examination his or her height and weight will be plotted on a growth chart.

This information will help your doctor know if your child's weight is a problem.

What will happen if my child is overweight?

Many overweight children will grow well with no health problems. Other children may develop problems, especially if they become overweight adults.

These problems include diseases like diabetes, high blood pressure, heart problems, and joint problems.

Los Niños Vienen en Diferentes Formas y Tamaños

¿Es el peso de mi niño el correcto para el o ella?

Los niños, al igual que los adultos, vienen en diferentes formas y tamaños.

La edad, el sexo, los hábitos alimentarios, y la actividad física, todos estos factores afectan su crecimiento y desarrollo.

Pero, sobre todo, la herencia, o la forma y el tamaño de otros miembros de la familia, afectan el crecimiento de un niño.

¿Cómo sabe el médico que mi niño está sobrepeso?

Durante los exámenes físicos de su niño su estatura y peso serán anotados en una gráfica del crecimiento (growth chart).

Esta información ayudará a su médico a saber si el peso de su niño es un problema.

¿Qué pasará si mi niño está sobrepeso?

Muchos niños que están sobrepeso crecen bien sin ningún problema de salud.

Otros niños pueden desarrollar problemas, especialmente si están sobrepeso cuando lleguen a una edad adulta.

Estos problemas incluyen enfermedades como la diabetes, la presión sanguínea alta, problemas del corazón y problemas de las coyunturas.

Information for the Health Professional

Weight is often a difficult topic for children, parents, and health professionals to discuss. Health professionals may be concerned most about the child's growth and health, however, the child may be more concerned about appearance and peer acceptance. Parents are in a difficult position of supporting their child's image concerns and coping with their own feelings about weight. There is also pressure to follow the health professional's advice which may not be easy.

A physical exam may identify a child's weight problem, but managing weight is a family issue. The family's inherited tendencies genetic predisposition, eating habits, physical activity patterns, and social/emotional factors all affect the weight and health of the family members. To promote positive behavior change, try to understand the difficulties and barriers confronting the family. Always be sensitive to language and cultural backgrounds. And to better understand their situation, ask parents the following questions:

Genetic Predisposition:

- ☐ How would you describe the weight of your children, your parents, and other family members?
- ☐ How do you feel about your child's weight?

Eating Habits:

- ☐ Do you have any difficulties serving healthy foods? Is cost a problem? Is menu planning a problem?
- ☐ Do you have meals that include all family members? Are your meals relaxed or hectic?

Physical Activity:

- ☐ Do your children have safe places for active play?
- ☐ Is there anything that gets in the way of being active as a family?

Social/Emotional Factors:

- ☐ Are there any family problems that are creating stress in your home?
- ☐ Have there been any changes in your family situation recently?

Parents need to know they are not alone in dealing with these issues. The rate of childhood obesity has increased significantly since the 1960's. In _____ county, _____% of children receiving CHDP exams are overweight (according to Pediatric Nutrition Surveillance System data).



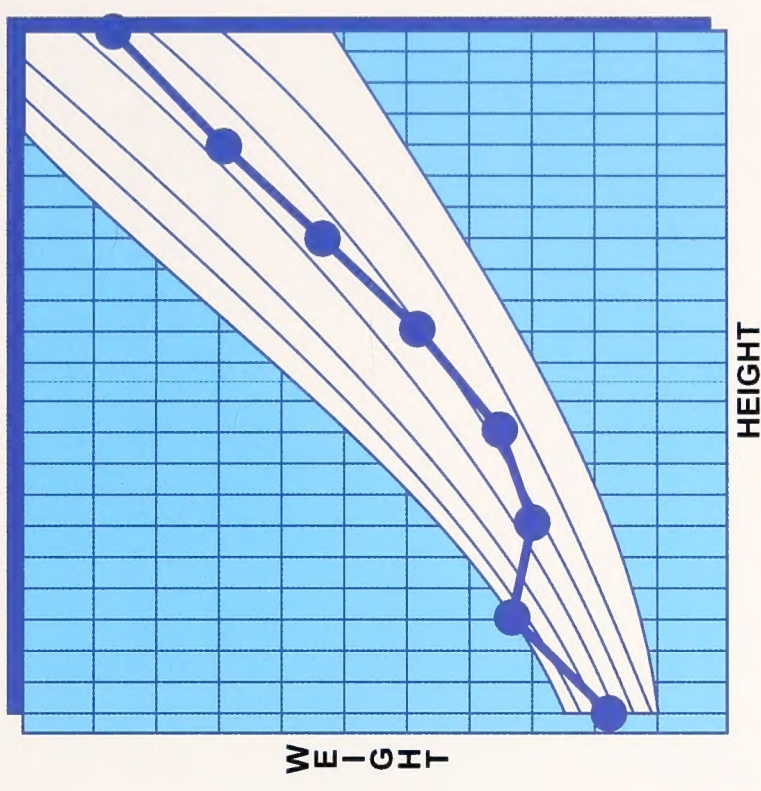
Children Come in Many Shapes and Sizes!

¡Los niños vienen en diferentes formas y tamaños!



Children often look like other people in their family.

Los niños usualmente se asemejan a otras personas en su familia.



Children may grow into their weight.

Los niños muchas veces llegan a una estatura apropiada para su peso

Is Weight Causing Problems for Your Child?

When children are overweight they can suffer from many problems. Are any of these true for your child?

Does your child have problems:

- feeling 'left out' at school ?
- being teased by other children or adults?
- making friends?

Does your child often feel:

- unhappy?
- helpless?
- lonely?

Have you noticed the following in your child:

- avoids participation in physical education at school?
- body aches and pains?
- cannot 'keep up' with other children?

¿Está causándole el sobrepeso problemas a su niño o niña?

Cuando los niños están sobrepeso pueden sufrir de muchos problemas.

¿Es alguno de lo siguiente cierto para su niño o niña?

¿Tiene su niño problemas:

- sintiéndose no incluida en la escuela?
- recibiendo burlas de otros niños o adultos?
- haciendo amistades?

¿Se siente frecuentemente su niño:

- infeliz?
- incapaz?
- aislado?

¿Ha notado lo siguiente en su niño:

- trata de no participar en la educación física en la escuela?
- dolores en su cuerpo?
- no puede ser tan activo como los otros niños?

Information for the Health Professional

The greatest difficulties faced by overweight children may be psychological and social. Society often discriminates against overweight individuals. Many people believe that their weight is under their control and that if they eat a certain way and exercise, they will automatically be slender. In reality, people come in a variety of sizes and no matter what they do, some people will be larger than others.

Some children, both overweight and slender, may have feelings of poor self-esteem, depression, sadness, hopelessness, and loneliness. Children who feel this way may be less likely to achieve their potential as healthy productive individuals. Parents can help their child recognize and deal with harmful emotions before the damage becomes great. Encourage parents to set aside time each day to talk to their child. By listening to a child and repeating what is heard, a parent practices active listening and can better understand what the child is feeling.

Prevention and treatment of overweight in children needs to involve the family, health professionals, school, and community.

Is Weight Causing Problems For Your Child?

¿Le está causando un problema el peso de su niño?



Does your child have problems at school
or with other children or adults?

*¿Tiene su hijo problemas en la escuela o con algún
otro niño o adulto?*

Have you noticed a lack of participation in
physical activities, body aches and pains or
difficulty keeping up with other children?

*¿Ha notado usted falta de participación de su hijo en
actividades físicas, dolor en el cuerpo o alguna dificultad
en mantenerse al mismo nivel de actividad de otros niños?*



Does your child often feel unhappy, helpless or lonely?
¿Se siente su hijo frecuentemente triste, solitario o indefenso?

3 Ways Families Can Help

There are 3 things you can do to help your child reach a healthy weight.

#1: Love and Accept Your Child

#2: Get the Whole Family Moving

#3: Enjoy Regular Meals and Offer Healthy Foods and Snacks

Children must wear helmets when biking.

3 maneras en que las familias pueden ayudar

Hay 3 cosas que usted puede hacer para ayudar a su niño a alcanzar un peso saludable.

#1: Ame y Acepte a su Niño

#2: Motive a toda la familia a ser más activos

#3: Goce de comidas a tiempos regulares y ofrezca alimentos y meriendas saludables

Disfrute de las comidas a sus horas regulares

Los niños deben de usar su casco al correr en bicicleta.

Information for the Health Professional

It is important to love children regardless of their size and shape. Acceptance of a child is one of the most important steps parents can take in helping him or her develop a healthy self-esteem.

Parents should not worry if their infant appears overweight. Infants who appear overweight are not likely to become overweight children. The greatest predictor of obesity in childhood is the weight of the biological mother. Preschoolers who are overweight have a greater risk of becoming obese teenagers and adults, but a child may become obese at any age. In addition to heredity, physical activity and eating habits also influence weight. Studies show that inactivity can contribute to the development of overweight in children. Excess intake of fat and calories can also promote a problem with weight.

Generally, children will eat the amount of food that is right for them. On the other hand, if a child's food intake is controlled by parents or if he or she is forced to clean his or her plate, this may disrupt the natural regulation of food.

Toddlers and preschoolers may eat differently from meal to meal, but they tend to eat about the same number of calories from over the course of a week. During periods of rapid growth, infants, children, and teenagers will eat more food to meet their increased needs for energy. Their intake will decrease as their growth slows and the body needs less energy. This is why it is important to let children eat when they are hungry and to refuse food when they are not hungry.

Parents need to offer regular meals and snacks, because children have small stomachs that tend to fill up quickly with small amounts of food. A parent cannot know when a child has had enough. If children are encouraged to eat too much they may be uncomfortable and later have trouble knowing when they are satisfied.

3 Ways Families Can Help

3 Maneras en que las familias pueden ayudar

#1



LOVE and ACCEPT your Child

Ame y Acepte a su Niño

#2



Get the WHOLE family moving

Anime a toda la familia a ser más activos

#3



Enjoy regular meals and offer healthy foods and snacks

Goce de comidas a tiempos regulares y ofrezca alimentos y meriendas saludables

#1: Love and Accept Your Child.

Your child is more important than his or her weight.
Give your child love, attention, praise, and respect.
Ask other family members to do the same.

- ♥ Hug your child every day.
- ♥ Comfort your child with love instead of food.
- ♥ Respect your child's feelings.
- ♥ Praise your child and be specific.

Enjoy meals with your child.

- ♥ Relax and sit down with your child at mealtime.
- ♥ Make mealtimes pleasant.
- ♥ If your child overeats, be sensitive to why it happens.

The following are common reasons a child may overeat:

1. A child may be bored, lonely, sad, angry, or depressed.
2. Parents may feed their child too much food or give them food too often.
3. There may be stressful situations in the family or at school.
4. Parents may encourage children to clean their plate.
5. A child may not feel safe or may have trouble speaking up.

Support and protect your child at home and school.

- ♥ Plan time to talk to your child each day.
- ♥ Encourage your child to speak up and talk about their problems and feelings.
- ♥ Listen, then be gentle and positive when you talk to your child.
- ♥ If problems exist, let your child help decide ways to make changes.

Information for the Health Professional

It is normal for some parents to want to "fix" their child. Parents need to accept that it can be normal for some children to be overweight. Health professionals need to help the child and the family recognize that the self-esteem and well-being of the child is more important than his or her weight.

Some children may be heavier than nature intended because of poor food choices, inactivity or as a symptom of problems in their home, school or social environment. Health professionals need to be aware of the social and emotional well-being of the child.

Counseling Tips:

1. Focus on the family, not the child.
2. Teach problem solving behaviors that are not associated with eating.
3. Support participation in physical activities, but discourage an emphasis on winning.
4. Support parents in identifying and encouraging their child's natural talents and interests.

Some families need further intervention to resolve weight-related problems. Referral to a dietitian and/or counselor may be appropriate.

#1: Ame y Acepte a su niño.

Su niño es más importante que su peso.
Déle a su niño amor, atención, elogios y respeto.
Pídale a los otros miembros de su familia que hagan lo mismo.

- ♥ Abraze a su niño todo los días.
- ♥ Consuele a su niño con amor en vez de usar alimentos.
- ♥ Respete los sentimientos de su niño.
- ♥ Elogie a su niño y sea específico.

Disfrute de las comidas con su niño.

- ♥ Relájese y siéntese a comer con su niño en las comidas.
- ♥ Haga que las comidas sean agradables.
- ♥ Si su niño come demasiado, sea sensitivo a las razones de por qué ésto ocurre.
- ♥ Estas son algunas razones comunes por las cuales un niño puede comer de más:

1. Un niño puede estar aburrido, aislado, triste, molesto o deprimido.
2. Los padres le dan demasiado alimento al niño o le dan alimentos muy seguidos.
3. Puede que hayan situaciones difíciles en la familia o en la escuela.
4. Los padres estimulan a su niño a terminar el plato de comida.
5. Puede que el niño se sienta inseguro o tenga dificultad de expresarse.

Apoye y proteja a su niño en el hogar y en la escuela.

- ♥ Saque tiempo para conversar con su niño cada día.
- ♥ Anime a su niño a expresarse y a comunicar sus sentimientos y problemas.
- ♥ Escuche, entonces sea amable y positivo al hablar con su niño.
- ♥ Si existe un problema, permita que su niño decida como cambiar la situación.

#1

LOVE and ACCEPT Your Child

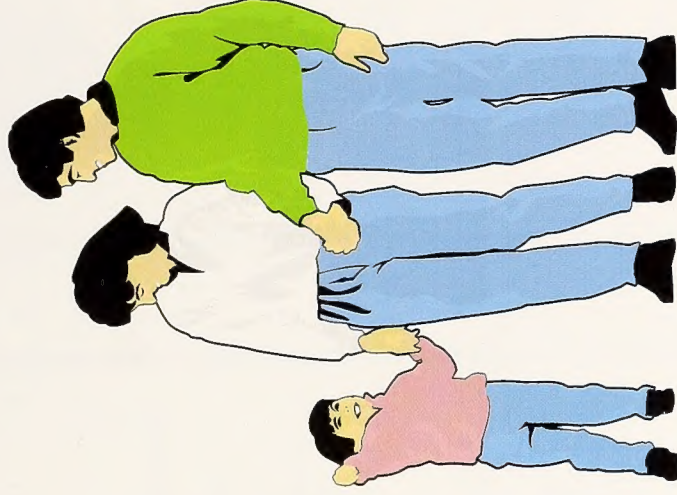
Your Child is More Important than His or Her Weight.

AME y ACEPTE a su niño

Su niño es más importante que su peso.



Enjoy meals with your child.
Goce de comidas con su niño.



Give your child love, attention,
praise, and respect. Ask other
family members to do the same.
*Déle a su niño atención, elogios y respeto.
Pídale a otros miembros de la familia
que hagan lo mismo.*



Support and protect your
child at home and school.
*Apoye y proteja a su niño
en el hogar y la escuela.*

Children may not talk to you about their problems.
Ask them about their feelings, then LISTEN.

*A veces los niños no le dicen a usted sus problemas.
Pregúntele sobre sus sentimientos, y entonces ESCUCHE.*

#2: Get the Whole Family Moving!

Make sure your child is healthy before starting an exercise program. Check with your child's doctor.

Limit television and video games to 1-2 hours daily or 8 hours per week.

Setting limits may be hard, but be firm and offer other ideas. Remember, you are the parent! There are many other things your child can do besides watching TV.

Plan fun family activities and encourage your child to be more active.

Choose fun activities and make them part of your family's time together.
Encourage children to select their own activities too.

Help your child get at least 20-30 minutes of exercise or active play every day.

If a daily routine is not possible, plan for activities at least 3-4 days per week.

Be active with your child whenever you can. Parents are a child's best role model.

Which activities does your family enjoy?

Which activities would you be willing to try?

Encourage your child to participate in physical activities at school.

Get involved with community recreation centers, summer programs and camps.

Join teams like basketball, softball, baseball, soccer, bowling, etc.

Many programs offer scholarships when needed!

#2: iMotive a toda la familia a ser más activos!

Asegúrese que su niño esté saludable antes de comenzar un programa de ejercicios. Consulte con el médico de su niño.

Limite la televisión y los juegos de video a no más de 1 a 2 horas diarias u 8 horas por semana.

El poner límites puede ser difícil, pero sea firme y ofrezca otras alternativas.

Recuerde, ¡usted es el padre!

Hay muchas cosas que su niño puede hacer además de ver televisión.

Planifique actividades familiares divertidas para toda la familia y anime a su niño a participar.

Seleccione actividades divertidas y hágalas parte de la rutina familiar.

Anime a los niños a que escojan sus actividades favoritas.

Ayude a su niño a lograr de 20 a 30 minutos de ejercicio o juego activo cada día.

Si no es posible establecer una rutina diaria, planifique actividades por lo menos de 3 a 4 días por semana.

Sea activo con su niño siempre que pueda. Los padres son el mejor ejemplo para sus niños.

¿De qué actividades goza su familia?

¿Qué actividades están dispuestos a tratar?

Estimule a su niño a participar en actividades físicas en la escuela.

Participe en los centros de recreación comunitarios, los programas de verano y los campamentos.

Hágase miembro de equipos de fútbol, béisbol, balompié, bolos, etc.

¡Muchos de estos programas ofrecen becas!

Information for the Health Professional

It is essential to help overweight kids "get moving" comfortably and safely. Their weight need not be a barrier to healthful exercise. For example, medical management of asthma can usually enable overweight children to exercise moderately. Non-weight-bearing exercise (swimming or water exercise) is an option for children with joint problems.

Regular active play and exercise provides psychological and social benefits, as well as promoting fitness and increasing lean body mass. Studies show a greater reduction in body fat in children (and adults) when lean body mass increases, and a greater tendency to regain the weight if lean body mass decreases.

Repeat fitness testing can provide an opportunity for overweight children to see improvement and measurable success when they begin regular exercise, even if it is just walking. For example, baseline and follow-up measures of aerobic capacity (e.g. "step test") and strength (e.g. sit-ups) can be done in a clinic setting. This is especially helpful if children have been exercising, but their overall weight has not decreased because they will generally see an increase in lean body mass.

#2

Get the WHOLE Family Moving!

Motive a toda la familia a ser más activos!



Limit television and video games to 1-2 hours daily or 8 hours per week.

Limite la televisión y los juegos de videos a no más de 1 a 2 horas por día u 8 horas por semana.



Plan fun family activities and encourage your child to participate.

Planifique diversiones activas para toda la familia y anime a su niño a participar.

FAMILY ACTIVITIES



go to parks and playgrounds

play with balls, frisbees, jump ropes

walk, run, swim, skate, bicycle

dance, use exercise videos or exercise machines

ACTIVIDADES FAMILIARES



vayan a parques y patios de recreo

juegue con pelotas, "frisbees", cuerda para brincar

camine, corra, nade, patine y montar bicicleta

baile, use videos de ejercicios, use máquinas de ejercicio

#3: Enjoy Regular Meals... and Mealtimes with the Family! Who is in charge?

Parents decide:

- ♥ When to offer meals and snacks.
Schedule 3 meals per day and 2 or more snacks at regular times.
- ♥ What foods to serve.
Serve a variety of healthy foods.
Remember, parents can control what foods come into the house.
- ♥ Where to serve foods.
Have a regular place to sit for meals and snacks.
Turn the TV off at mealtimes.

Children decide:

- ♥ Whether or not to eat.
If your child decides not to eat, wait until the next meal or snack to offer food.
- ♥ Which foods to eat.
Everyone has food likes and dislikes.
Don't force children to "clean their plate."
- ♥ How much to eat.
Allow your child to eat until he/she is satisfied.
Be familiar with suggested portions or serving sizes for your child's age.
Offer young children small servings, then let them ask for more.
Older children can serve themselves.

Practice Good Eating Behaviors:

- ♥ Remember to eat only when hungry and stop when satisfied.
- ♥ Don't use food as a reward or punishment.
- ♥ Children should enjoy eating and not feel pressured at meal-times to lose weight.

Information for the Health Professional:

Eating is more enjoyable if parents and children know their responsibilities at mealtime. Health professionals can help parents understand their roles and how to prevent struggles over food and inappropriate eating behaviors.

Ask parents to share a difficult situation they may be having with their child. Discuss ways to manage the problem or share one of the examples below.

Problem	Sample Solution
My child doesn't eat meals. He prefers to have lots of little snacks.	If the child refuses to eat a meal, accept his/her decision. Do not offer food again until the next scheduled meal or snack time. The child may be "filling up" on high calorie snacks between meals. Offer healthy snacks at set times. At meals, children will eat if they are hungry.
My child doesn't like many "healthy" foods. The only vegetable he likes is corn.	It is normal to have food preferences and a child should not be forced to eat a specific food. There are many healthy foods available and it is important for the parent to offer a variety of food prepared different ways. A child is more likely to eat what is familiar. New foods may need to be introduced several times and/or in different ways before they are accepted.

#3: ¡Disfrute de las comidas a sus horas regulares y... las comidas con la familia! ¿Quién está cargo?

Los padres deciden:

- ♥ Cuando ofrecer comidas y meriendas.
Programa 3 comidas al día y 2 o más meriendas a horarios regulares.
- ♥ Qué alimentos servir.
Sirva una variedad de alimentos sanos.
Acuérdese que los padres pueden controlar que alimentos entrán a la casa.
- ♥ Dónde servir alimentos.
Tenga un sitio regular donde se sienta la familia a comer sus cenas y meriendas.
Apague la televisión durante las comidas.

Los niños deciden:

- ♥ Si van o no van a comer.
Si su niño decide no comer, espere a la próxima comida o merienda para ofrecerles alimentos.
- ♥ Qué alimentos comer.
Todo el mundo tienen alimentos que le gustan y que no le gustan.
No obligue a los niños a comerse todo en el plato.
- ♥ Cuánto van a comer.
Permítale a su niño a que coma lo que hay hasta que esté satisfecho.
Esté familiarizado con el tamaño de las porciones para niños de las edades de los suyos.
Ofrezcale a los niños porciones más pequeñas, entonces déjeles pedir más alimentos.
Los niños mayores se pueden servir ellos mismos.

Practice Buenos Hábitos Alimentarios:

- ♥ Acuérdese de sólo comer cuando tenga hambre y de parar cuando esté satisfecho.
- ♥ No use los alimentos como premio o castigo.
- ♥ Los niños deben de gozar comer y no deben de sentir la presión de tener que perder peso a la hora de las comidas.

#3

Enjoy Regular Meals...

And Mealtimes with the Family! Who is in Charge?

*iDisfrute de las Comidas a sus Horas Regulares y...
Las Comidas con la Familia! ¿Quién está a cargo?*

Parents Decide:
Los Padres Deciden:



WHEN to offer meals and snacks
WHAT foods to serve
WHERE to eat

CUANDO ofrecer comidas y meriendas
QUÉ alimentos servir
DÓNDE comer

Practice Good Eating Behaviors



Help children learn to eat only when they are hungry and stop when satisfied.



Remember, parents are the best role models!

Children Decide:
Los Niños Deciden:



WHETHER or NOT to eat
WHICH FOODS to eat
HOW MUCH to eat

*SI VAN o NO VAN a comer
QUÉ ALIMENTOS comer
CUANTO* comer



Practice Buenos Hábitos Alimenticios



Ayude a los niños a comer sólo cuando tengan hambre y a parar cuando estén satisfechos.



¡Acuérdese, los padres son los mejores modelos!

#3: Enjoy Regular Meals...

and Offer Healthy Foods and Snacks

Healthy food for children is healthy food for the entire family. Serve the same foods to all family members. Don't single out your child.

Don't put children on weight loss diets, they need healthy foods to grow and develop.

Eat Foods that are Healthy More Often:

Follow the Food Guide Pyramid.

Eat at least 5 servings of fruits and vegetables a day. Try fresh fruit for snacks and desserts.

Choose nonfat and low fat milk and dairy products for children over 2 years of age.

Drink water instead of soda and fruit drinks.

Limit juices to no more than 4-6 ounces a day.

Cook foods in a healthy way. Try baking, steaming, or broiling instead of frying.

Trim all visible fat from meats and poultry.

Eat Foods that are NOT Healthy Less Often:

Limit foods high in fat and/or sugar including some fast foods and prepared food items.

Read food labels to learn the amount of fat, sugar, and calories in food.

An occasional cookie or chip will not hurt your child.

"Forbidding" certain foods can make them more desirable.

#3: Disfrute de las comidas a sus horas regulares... y ofrezca alimentos y meriendas saludables

Alimentos saludables para los niños son alimentos saludables para toda la familia.

Sirva los mismos alimentos a toda la familia. No trate diferente a su niño.

No ponga a los niños en dietas para perder peso, ellos necesitan alimentos saludables para su crecimiento y desarrollo.

Coma alimentos saludables más a menudo

Siga la Guía de la Pirámide de Alimentos.

Coma por lo menos 5 frutas y verduras al día. Consuma frutas frescas para meriendas y postres.

Escoja leche y productos lácteos descremados y bajos en grasa. Tome agua en vez de bebidas gaseosas y/o refrescos con sabor de fruta.

Limite los jugos a no más de 6 a 12 onzas al día para niños, mayor de 2 años.

Cocine los alimentos de maneras saludable. Trate de asar, cocinar al vapor y a la parrilla en vez de freír.

Remueva toda la grasa visible a las carnes y las aves.

Coma alimentos que NO son saludables con menos frecuencia

Limite los alimentos altos en grasas y/o azúcares.

Lea las etiquetas en los alimentos para saber cuanto grasa, azúcar y calorías estos contienen.

Una galletita o "chip" de vez en cuando no le hará daño a su niño.

El prohibir ciertos alimentos podría hacerlos más deseables.

Information for the Professional:

SUGGESTED SERVING SIZES for Children & Adults

Food Group	Servings	1-3 years Old	3-6 years Old	6-12 years Old	12 years+, Adults
Breads, Cereals, Pasta & Grains	7-11	½ slice or 1/4 cup	½ slice or 1/3 cup	1 slice or ½ cup	1 slice or ½ cup
Vegetables	3-5	1/4 cup	1/3 cup	½ cup	½ cup
Fruits	2-4	1/4 cup	1/3 cup	½ cup	½ cup
Milk & Milk Products	2-3	½ to 3/4 cup	3/4 cup to 1 cup	1 cup	1 cup
Meat & Meat Alternates	2-3	1 oz or 1/4 cup	1 ½ oz or 1/3 cup	2 oz or ½ cup	2-3 oz or ½ cup

In addition to calories, fat and sugar, excessive juice intake has been linked with childhood obesity. Parents should monitor their child's juice consumption: (1) limit daily juice intake to 4-6 oz, (2) cut calories and sugar content by mixing juice with water and (3) substitute whole fruits like oranges and apples instead of juice.

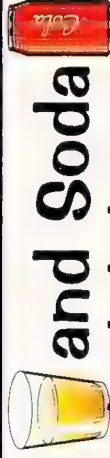
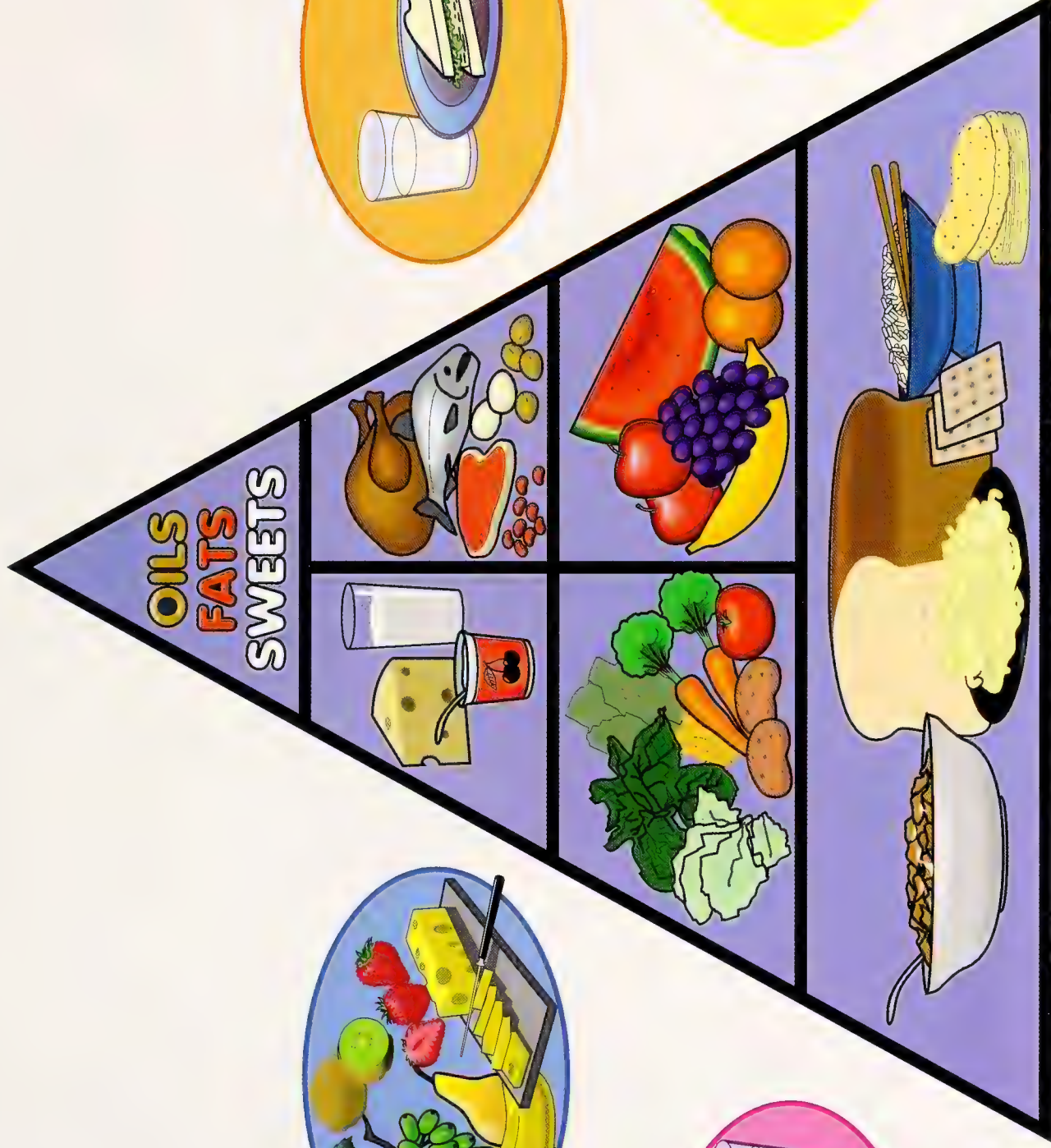
Patients often learn about their eating habits when they keep a food diary. Have your patients keep a list of the foods they eat for several days. Also have them write down when they ate, where they were, and how they were feeling when they ate. Use the diary to help your patients identify and correct problem areas.

Children should eat because they are hungry. If they are eating because they are bored or lonely, have them try one or more of the following suggestions:

play a game	listen to music	talk on the phone	write a poem	read a book	garden
visit a friend	cleaning	play cards	take a nap	write a letter	draw a picture

Enjoy Regular Meals... And Offer Healthy Foods and Snacks

*Disfrute de las Comidas a sus Horas Regulares...
y ofrezca alimentos y meriendas saludables*



Limit Juice and Soda

Limite los jugos y las bebidas gaseosas

Good health, not weight loss, should be your child's goal.

There are many weight loss diets and products on the market. Children should not diet or use these products. Good health, not weight loss, should be your child's goal. Eating poorly can harm your child's growth and development. Dieting can lead to eating disorders.

Help Prevent of Eating Disorders.

Sometimes too much attention is focused on the food children eat and their appearance.

Someone with an eating disorder can eat too little or too much food.

Eating disorders are becoming more common in children 10 years and older.

You and your child should talk with your doctor if your child is:

- ♥ using laxatives or vomiting
- ♥ eating very small amounts of food
- ♥ periodically eating very large amounts of food (binge eating)
- ♥ exercising too much
- ♥ losing or gaining weight rapidly

La meta de su niño debe ser el tener una buena salud, no el perder peso.

Hay muchas dietas y productos para perder peso en el mercado. Los niños no deben ponerse a dieta ni usar estos productos.

La buena salud, no la pérdida de peso, debe ser la meta de su niño.

El mal comer puede afectar el crecimiento y desarrollo de su niño.

Las dietas pueden contribuir al desarrollo de desórdenes alimentarios.

Ayude a prevenir los desórdenes alimentarios.

A veces se le presta demasiada atención a la cantidad de alimento que come un niño y a su apariencia física.

Alguien con un desorden alimentario puede comer muy poca o mucha comida.

Los desórdenes alimentarios se están haciendo más comunes en niños de 10 o más años.

Usted y su niño deben de hablar con su médico si su niño está:

- ♥ usando laxantes o vomitando
- ♥ comiendo cantidades muy pequeñas de comidas
- ♥ periódicamente comiendo cantidades muy grandes de alimentos
- ♥ haciendo demasiado ejercicio
- ♥ perdiendo o aumentando de peso rápidamente

Information for the Health Professional

Good health, not weight loss should be the goal for children to allow for normal growth and development. Weight control measures during the developmental years may cause a variety of health problems, including possible retardation of growth, development, and mental functioning. In addition, "yo-yo" or stop/start dieting can make it more difficult to lose weight in the future.

Don't Fall for Quick Weight Loss Promises

- ✗ Liquid diets have improved nutritionally, however, the weight loss that occurs is only temporary since healthier eating habits are not learned. These drinks are usually very low in calories which is undesirable for growing.
- ✗ Laxative abuse can cause nausea, constipation, diarrhea, bloating, pain, abdominal cramps, and more serious problems.
- ✗ Diet pills can cause fatigue, hyperphagia, insomnia, mood changes, irritability, and psychological problems. Girls 16 years and older use diet pills more often.
- ✗ Many low fat foods are available. A decrease in fat intake is encouraged, however, diets without fat are not healthy. Fats provide essential fatty acids necessary for life.

Information on Eating Disorders: A disruption of normal eating in which the natural signs of hunger are ignored. Examples include anorexia nervosa, bulimia nervosa, and compulsive overeating. Below are symptoms and signs that an eating disorder may exist.

Anorexia Nervosa: restricts eating, may appear thin

- ♦ Lightheadedness
- ♦ Irritability
- ♦ Fatigue
- ♦ Amenorrhea
- ♦ May wear baggy clothes (to hide weight loss)
- ♦ May complain often of feeling cold
- ♦ Exercises excessively

Bulimia Nervosa: binge eating, appears normal weight

Compulsive Overeating: excessive & binge eating, may appear overweight

- ✗ Purging with vomiting, laxatives, and/or excessive exercising
- ✗ Chronic dieting and gaining back any weight lost
- ✗ Preoccupation with physical appearance and food intake
- ✗ Eating when stressed, anxious, worried, depressed or bored
- ✗ Eating large quantities of food in a short period of time
- ✗ Tooth enamel erosion
- ✗ Eating secretly

Treatment:

Treatment should emphasize eating for good health and resolving the Eating Disorder behavior. Successful treatment often includes educating the family or children in a group setting, but does not single out the child or adolescent with the problem. The problem should be addressed immediately and directly. Counseling services by a Registered Dietitian and Psychological Therapist are generally appropriate. Referral to an eating disorder program with an interdisciplinary team is recommended.

Good Health, NOT weight loss, should be your child's goal.
La meta de su niño debe ser el tener una buena Salud, No la perdida de peso.



Good health comes in many shapes and sizes.
Una buena salud viene en diferentes formas y tamaños.



Help prevent eating disorders.
Ayude a prevenir desórdenes alimentarios.

Don't fall for quick weight loss promises.
A healthy lifestyle leads to a weight that's right for your child.

No se engañe con promesas falsas de una pérdida de peso rápida.
Un estilo de vida saludable resulta en un peso que es el correcto para su niño.

By Following These Guidelines, Your Child and Your Family will be Healthier

- #1. Love and Accept Your Child
- #2. Get the Whole Family Moving
- #3. Enjoy Regular Meals and Offer Healthy Foods and Snacks

Al seguir estas recomendaciones, su niño y su familia serán más saludables

- #1. Ame y Acepte a su niño
- #2. Motive a la familia a ser más activos
- #3. Goce de comidas a tiempos regulares y ofrezca comidas y meriendas saludables
Disfrute de las comidas a sus horas regulares

Information for the Health Professional

After parents review the "Children and Weight" flipchart, you may want to ask them the following questions to assess their understanding of the material.

	QUESTION	ANSWER
1	What is most important? (a) your child's weight (b) your child's health, well-being, and feelings	b Your child's health, well-being, and feelings.
2	Watching TV and playing video games should be limited to: (a) 1-2 hours a day (b) 3-4 hours a day (c) 5-6 hours a day	a: Children tend to eat more and get less physical activity when they watch TV or play video games for long periods of time. Limit television to 1-2 hours per day or 8 hours per week.
3	At mealtimes, a parent decides : (a) when to offer meals and snacks (c) what foods to serve (b) how much the child should eat (d) a and c only	d: It is the parent's responsibility to serve healthy foods in a pleasant environment. They should not control how much a child eats.
4	At mealtimes, a child decides: (a) when to eat (b) how much to eat (c) where to eat	b: Children decide if they are going to eat, and if so, how much. It is not the child's role to tell the parent when or where meals and snacks should be served.
5	A healthy snack could be: (a) crackers and cheese (c) fresh fruit (b) nonfat milk and pretzels (d) all of the above	d: Snacks should be low in fat, low in sugar, and have some of the vitamins and minerals needed for growth and health.
6	Children should not be put on weight loss diets because: (a) eating poorly can harm a child's growth and development (b) diets usually fail and they do not teach healthy eating habits (c) diets can lead to eating disorders (d) all of the above	d: A healthy lifestyle will lead to a weight that is right for your child.

Please contact the CHDP Program in your area to learn about additional materials and resources you can use to help prevent and treat childhood obesity.

By Following These Guidelines, Your Child And Your Family Will Be Healthier!

*¡Al seguir estas recomendaciones su niño y su familia
serán mas saludables!*



#1

LOVE and ACCEPT your Child.

Ame y acepte a su niño.

#2

Get the WHOLE family moving

Anime a toda la familia a ser más activos.



#3

Enjoy regular meals and offer healthy foods and snacks.

Goce de comidas a tiempos regulares y ofrezca comidas y meriendas saludables.

CHILDREN AND WEIGHT: What Families Can Do

About the Cover: The graphic representations on the cover show various opportunities to help children reach a healthy weight. (1) Children should be encouraged to participate in regular physical activities they enjoy to use excess calories, for physical fitness, and for self-esteem. All family members are encouraged to be active and eat healthy. (2) The Food Guide Pyramid is the basic model for good nutrition and it recommends a variety of foods in adequate amounts to promote healthy growth and development.

Instructions for use: "Children and Weight: What Families Can Do" is a tool designed to help healthcare professionals educate children and their families about the problems associated with obesity and to provide practical ways to help children grow into their weight. It emphasizes love and acceptance of children no matter what their weight and gives practical ways to increase physical activity and to eat sensibly. The problems associated with obesity tend to appear in families, thus a family approach is emphasized to help prevent the social, psychological and physical problems that may start in childhood and persist into adulthood.

1. Plan to use the flipchart with small groups of clients (1-3).
2. Become familiar with the information in advance for easier explanation to the client.
3. If interested in optional reading, review the section entitled, "Information for the Health Professional."
4. Personalize the suggested behavioral changes in eating habits and exercise for every client. Be sensitive to your client's language and cultural background.
5. Check the client's knowledge and let them choose what lifestyle changes he/she is willing to make.
6. The information in the flipchart will be better reinforced if a related handout on children and weight is given and reviewed.

Credits: Editor, Diane Wayne, MS, RD with Riverside County Child Health and Disability Prevention Program (CHDP). Original material prepared by the Nutrition Subcommittee of the CHDP Program: Richard Burley, RD; Joyce Houston, RD; Luz Pardini, RD, MPH; Juditha Pascual, MS, RD; Karen Pertschuk, MPH, RD; Dawn Robinson, RD; Laura Brainin Rodriguez, MPH, MS, RD; and, MPH, Diane Wayne, MS, RD. Special thanks to Maria Chavez for graphic illustrations and to Laura Brainin- Rodriguez, MPH, MS, RD for the Spanish translation. Special thanks to Joanne Ikeda, MS, RD and Pat Crawford, RD, DrPH, Cooperative Extension, University of California, Berkeley for their input and comments. Special thanks to Carla Bouchard, MS, RD, Nutrition Consultant; CA DHS, CMS Branch. Special thanks to Jennifer Stewart, MBA, RD, Riverside County Nutrition Services; CHDP; and WIC Programs of Riverside County Health Services Agency, Department of Public Health for support of the project.

Printed by the County of Riverside Health Services Agency, Department of Public Health,
Child Health and Disability Prevention (CHDP) Program, 4/98

Funded by the California Department of Health Services Child Health and Disability Prevention Program
and California Nutrition Network Program and the Food and Consumer Services
and the U.S Department of Agriculture (FCS/USDA)

For More Information: Contact your local Nutritionist or Director for the Child Health and Disability Prevention (CHDP) Program

The contents of this publication do not necessarily reflect the views or policies of the USDA or imply endorsement by the U.S. Government.

ENGLISH/SPANISH TRANSLATION